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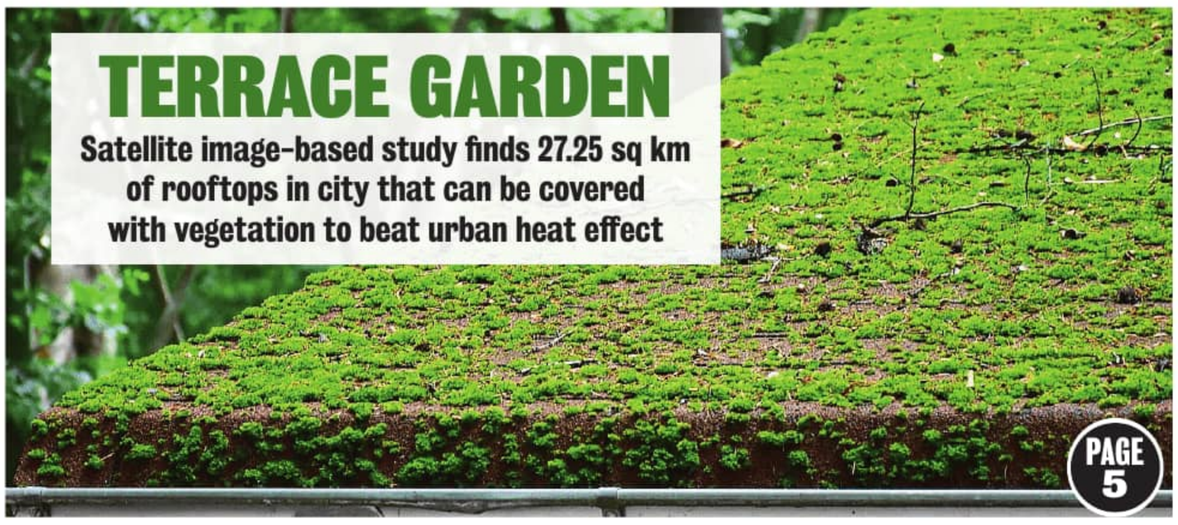
Bangalore Mirror

TEMP Max 29 | Min 20 | Humidity 68% Cloudy and windy Sensex 83,442 | Nifty 25,461 | Gold 97,060 | Silver 1,07,932 | Dollar 85.83 | Euro 100.72 | GBP 117.04

STRIKE STRIFE

BBMP employees are all set to halt work today as civic agencies from all over the state gather to protest long-pending unmet demands

PAGE 3



TERRACE GARDEN

Satellite image-based study finds 27.25 sq km of rooftops in city that can be covered with vegetation to beat urban heat effect

PAGE 5

With construction & demolition waste being dumped across Bengaluru from lake premises to roadside, citizens call out BBMP for inability to prevent illegal act that experts say has health repercussions also

LOOK BEFORE YOU HEAP

Sankey Tank, Bagmane Tech Park Road, Hebbal turn debris hotspots

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Construction debris continued to be dumped in many places across the city. One of the latest in the list of such spots is Sankey Tank. At least half a truckload of construction and demolition (C&D) waste was dumped inside the lake area nearly a week ago. The waste has been dumped near the northern boundary of the lake, where the Bruhat Bengaluru Mahanagara Palike (BBMP) has been constructing a walkpath.

Walkers say that while sand and mud were dumped more than a month ago to connect the path towards, C&D waste is an added eyesore. "At least half a truck of the construction debris was dumped nearly one week before. BBMP has a Climate Action Cell to ensure its activities are environmentally friendly. However, such actions are beyond any logic," said a regular walker at the lake.

Heaps of C&D waste in CV Raman Nagar can be spotted dumped in the open on Bagmane

CONTINUED ON PAGE 8 »

"I have seen construction waste on this stretch from Hebbal to Nagawara for the longest time. Similarly, piles of C&D waste are dumped on the road from Manyata Tech Park to Dasarahalli

—Jakkur resident

Kill bill

Women reach out to men on dating apps and at meet-up, run up bills that burn the wallet in collusion with meeting venues

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TWEETS @BangaloreMIRROR

Dating apps can lead to finding a life partner, but they also come with risks, with complaints from women being catfished to men being manipulated into investing in fake stock market portals. In a scam that has just emerged, women use dating apps to target men, inviting them to pubs or restaurants under the pretext of a date.

A young man shared his experience involving a racket as a precautionary tale: Unsuspecting victims are being lured to specific venues and tricked into footing highly inflated bills, he said.

Such incidents shed light on a growing trend of cyber-enabled exploitation, with alleged involvement from pub staff and management. According to the victim as stated in a social media post, the scam begins with a conversation initiated through a popular dating app. "The profiles used are fake, with attractive photos to draw people in," he said. Once the initial connection is established, the girl pushes for an in-person meeting often suggesting a known pub in the city.

But red flags emerged upon meeting. "The girl looked completely different from her profile photos. When I questioned her about the mismatch, she claimed it was due to privacy concerns," the man explained. Brushing aside the suspicion, he went ahead with the meeting.

Once inside the pub, the girl swiftly placed an order, typically expensive drinks, like premium whisky. However, what is served is often a cheaper alternative —

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Artistic exploration

Museum of Art & Photography (MAP) is presenting 'Putul Katha', a special showcase that invites audiences to explore the practice of doll-making in West Bengal and the cultural heritage of the unique art form.
Where: Museum of Art and Photography, Ashok Nagar;
When: July 5 to 13, 10 am

02 Shopper's paradise

Swadeshi Art and Craft Exhibition is bringing an exclusive sale of handlooms, handicrafts, jewellery, sarees, clothing, accessories, khadi kurtas, suit pieces, and home accessories.
Where: Srinivasa Kalyana Mantapa, Jayanagar;
When: July 6 to 16, 10.30 am to 9 pm

03 Curtain call

Courtyard Koota is presenting Girish Karnad's 'Wedding Album', a play that uses humour and insight to explore the complexities of modern Indian life, tackling issues of caste, gender, and tradition.
Where: Ranga Shankara, JP Nagar;
When: July 30, 7.30 pm

04 Unique finds

Karnataka Numismatic Society is presenting 'NanyaDarshini 2025', an exhibition showcasing rare and antique coins, currency notes, stamps, medals, and related collectibles.
Where: Shikshaka Sadana, Nagarathpete;
When: July 11 to 13

05 Musical brilliance

Rajesh Krishnan, will be performing live, presenting a soulful, nostalgic, and electrifying night. The iconic playback singer will be celebrating decades of Kannada musical brilliance by mesmerising the audience with timeless hits.
Where: Orion Mall, Rajajinagar;
When: July 26, 6.30 pm

Tobacco is leading cause of heart issues

Report finds Covid vaccine to not have a direct connection to heart attacks, cites additional risk factors like diabetes, high blood pressure, obesity, and lifestyle

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Health Minister Dinesh Gundu Rao has announced that all sudden deaths occurring outside government hospitals will now be declared as notifiable diseases as this would help gather more comprehensive data to support research on cardiac arrests and heart-related issues.

Speaking to the media after receiving a report from the Covid side-effects expert committee, the Minister said, "We've seen a 4–5% increase in heart attacks post-Covid, but the expert panel has clearly stated that Covid vaccines are not directly responsible."

The expert report cited tobacco consumption as the main trigger in nearly 50% of recent heart attack cases. Other contributing factors include diabetes, high blood pressure, obesity, and excessive use of steroids. The findings were based on a comparative study using pre-Covid medical records from Jayadeva Institute of Cardiovascular Sciences, covering 253 heart patients.

Screen time under scrutiny

The report also highlighted excessive screen time on mobiles and computers as a contributing factor. While heart issues were observed during the pandemic, the report concludes that the long-term side effects of Covid have significantly diminished after three years. Though there may be a risk of vascular blockages within a year of infection, this risk appears negligible beyond that timeframe.

Expert committee's report cites tobacco consumption as the main trigger in nearly 50% of recent heart attack cases

Hidden triggers

Dr Krishna Kumar BR, Cardiologist at Vasavi Hospitals said that several underlying conditions — often undetected — could be contributing to the increasing cases. These include insulin resistance, high blood pressure, cholesterol deposits, obesity, drug abuse and misuse of anabolic steroids. "In some families, there could be a genetic predisposition. If a close family member has had premature cardiac issues, it is wise to undergo preventive screenings," he added.

Preventive measures taken

Following the expert report, Health Minister Dinesh Gundu Rao announced a slew of preventive measures including classifying all sudden deaths outside hospitals as notifiable diseases, mandating post-mortems for death certificates in such cases, and proposing the inclusion of non-communicable diseases and heart health in school textbooks. The Puneeth Rajkumar Hridaya Jyothi initiative will be expanded to all taluk hospitals, while AED machines will be installed at bus and railway stations, CPR training will be offered to the public, and regular ECG screenings will be made mandatory for all government and contract employees. Private companies will also be encouraged to conduct annual health check-ups for their staff.

Charting the path to a rabies-free B'luru by 2030

With an ambitious goal of eliminating rabies in the city by 2030, the Bruhat Bengaluru Mahanagara Palike (BBMP) has launched a multi-stakeholder mission in collaboration with Karnataka Veterinary, Animal and Fisheries Sciences University's WOAH Reference Rabies Diagnostic Laboratory, Charlie's Animal Rescue Centre (CARE), WVS–Mission Rabies, and other animal welfare organisations. The city's strategy focuses on large-scale dog vaccination drives, strengthened surveillance mechanisms, and intensified public awareness campaigns as part of its commitment to curb this deadly yet preventable disease. Rabies, a zoonotic virus mostly transmitted by dog bites, claims over 59,000 lives globally each year—nearly one death every nine minutes—disproportionately affecting children under the age of 15.

Flagging off an awareness vehicle on World Zoonoses Day at the BBMP headquarters, Special Health Commissioner Suralkar Vikas Kishor underscored the urgency of public education and preventive action. "With people frequently interacting with animals—especially stray dogs—there's a real risk of transmission through bites or scratches," he said, urging citizens to be proactive about vaccinations and stray animal management. Kishor also highlighted the broader impact of zoonotic diseases and stressed the need for a systematic, health-first approach to animal-human coexistence in an urban setting like Bengaluru.

Notably, Bengaluru is also developing an oral anti-rabies vaccine through its veterinary college, with support from the Ministry of Health under the National One Health Mission. The oral vaccine is expected to significantly scale up outreach. **–BMB**

Work begins for obstetrics facility

Construction has commenced for a 200-bed mother and child hospital within the premises of KC General Hospital. The project, which is being developed at a cost of Rs 78 crore, was expected to be halfway through by now. However, delays arose due to the relocation of trees at the site, removal of emergency COVID container wards, and coordination between BBMP and the Forest Department. "Shifting the containers and clearing trees at the MCH site took significant time. That's why the construction couldn't start earlier. Work has now begun and is expected to be completed by the end of July next year," said project engineer Venkataramanappa. The KC General campus will also see additional infrastructure development worth Rs 150 crore. **–BMB**

Greater Bengaluru plan to be tabled soon

Deputy Chief Minister DK Shivakumar announced that the long-anticipated development blueprint for Greater Bengaluru is nearing completion and will be presented before the state cabinet at its upcoming meeting. Speaking to reporters, Shivakumar confirmed that final touches are being made to the plan, which aims to redefine urban governance and infrastructure in the capital region under a new administrative framework.

The initiative follows the Karnataka government's decision to implement the Greater Bengaluru Governance Act, replacing the Bruhat Bengaluru Mahanagara Palike (BBMP) with the newly proposed Greater Bengaluru Authority (GBA). The division of BBMP is expected to be completed by September 15, after which the GBA will be formally established. In preparation of rollout of the new model, Shivakumar and senior officials visited Delhi in June to study best practices from the Municipal Corporation of Delhi. **–BMB**

Vriksh Fertility's second centre opened in Hoodi

Vriksh Fertility, a fertility care provider in Bengaluru, inaugurated its second centre in Hoodi, Whitefield, marking a milestone in its expansion efforts. The new branch builds on the success of its first centre in HSR Layout and aims to increase accessibility to patient-focused fertility treatment across the city. The inaugural event was attended by Parimala Jaggesh, an entrepreneur and MLA Manjula Limbavali. Addressing the gathering, Dr Sneha Shetty, Clinical Director at Vriksh Fertility, said the Whitefield centre is not just a physical expansion but an extension of the trust

and confidence that couples have placed in the institution. She said the team remains committed to offering care with empathy and focus. Interactive activities and sessions created an engaging atmosphere during the celebration. **–BMB**

Mass leave by BBMP staff over unmet demands today

Civic employees stage protest in Freedom Park over pay, staffing, and app-related demands; employees from 10 city corporations join call for long-pending reforms

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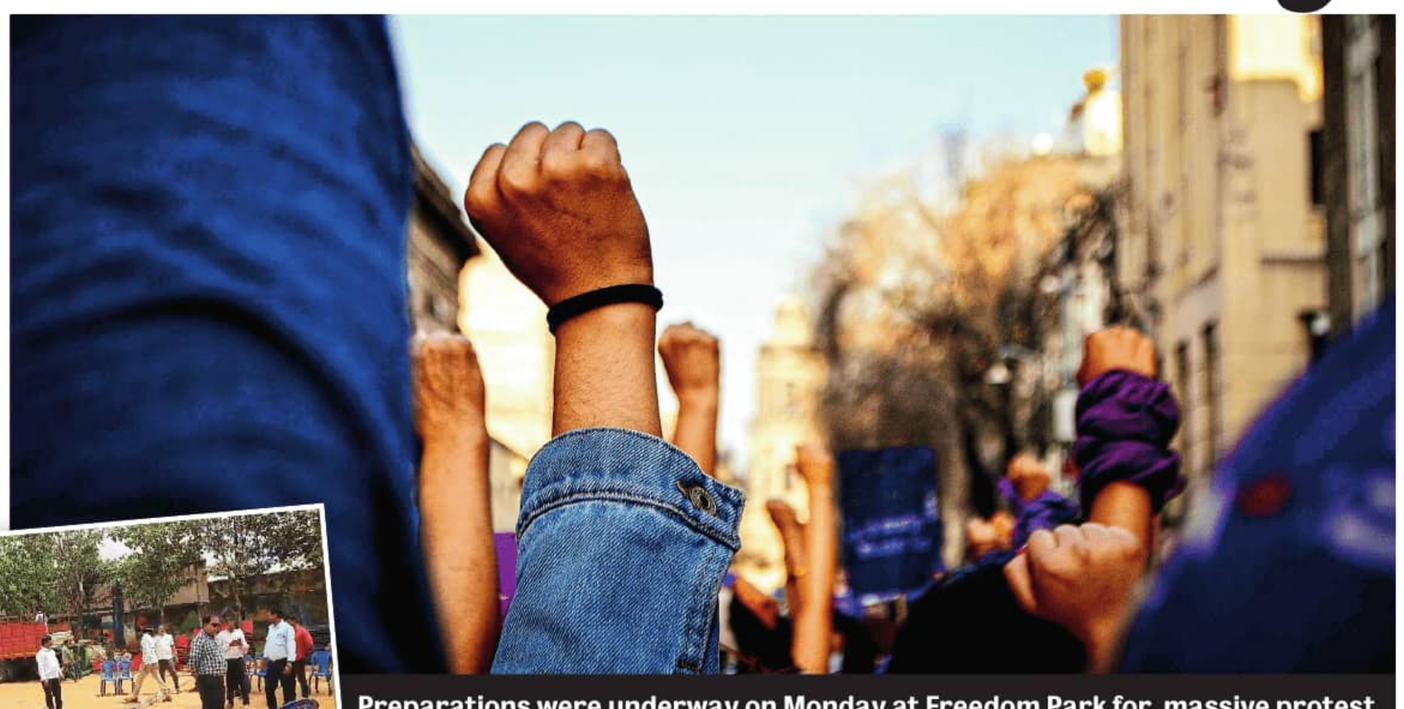

Preparations were underway on Monday at Freedom Park for massive protest

If you're planning to visit your nearest Bruhat Bengaluru Mahanagara Palike (BBMP) office, it's advisable to postpone it to avoid inconvenience. The BBMP employees have decided to go on leave en masse in support of their long-pending demands on Tuesday. They have decided to stage a protest at the Freedom Park along with the representatives of ten city corporations.

With most of the employees applying one-day leave, the BBMP are expected to wear a deserted look. The strike will cause inconvenience to citizens who visit the BBMP Head Office, Zonal Offices, and ward offices for various reasons today.

On Monday, the BBMP employees were seen making arrangements at the Freedom Park, where thousands of employees, not only from the BBMP but also from other cities such as Ballari, Belagavi, Kalaburagi, Davangere, Mysuru, Mangaluru, Hubballi-Dharwad, Vijayapura, Tumakuru, and Shivamogga will stage a protest in support of their demands.

"We have been waiting for the government to meet our demands all these years, but in vain. We have no option but to stage a protest in support of our demands," said A Amrutharaj, President, Bruhat Bengaluru Mahanagara Palike Officers and Employees' Welfare Association.

Speaking with Bangalore Mirror, SH Gurumurthy, Honorary President, Davanagere Mahanagara Palike Officers and Employees Welfare Association, said that around 800 employees have already left for Bengaluru to participate in the protest at the Freedom Park.

Rajappa Kattimani, President, Kalaburagi Mahanagara Palike Officers and Employees' Welfare Association, said the state government has failed to implement the 7th Pay Commission for Mahanagara Palike officers and employees. "We have decided to join hands with the BBMP employees to stage a protest in support of our demands at the Freedom Park," said Kattimani.

The BBMP Officers and Employees Welfare Association has demanded that the authorities exclude non-executive employees of the BBMP from mandatory logging on the Logsafe App. It demanded that the BBMP authorities cancel the rule of officers and employees logging on the Logsafe App. It also demands that the authorities fill up 6,000 vacancies in 225 wards in the city to reduce the workload on the existing employees.

> **"We have been waiting for govt to meet our demands all these years, but in vain. We have no option but to stage protest**
> –A Amrutharaj, BBMP

The main demand of other Mahanagara Palikas is to implement the 7th Pay Commission for the employees of Mahanagara Palikas. The government has to come out with a draft on C&D rules and extend KGID and GGF facilities to Mahanagara Palike employees on par with the state government employees.

The other demands are

- The BBMP authorities have to drop departmental enquiries against principals and headmasters of BBMP colleges and schools.
- The BBMP should have a Special Commissioner exclusively for administration. The process of promoting assistant executive engineers to executive engineers should be completed without any delay.
- Take measures to send back officers who are deputed to the BBMP against norms, to their parental departments.
- Extend the health scheme and medical benefits to the BBMP employees on par with the state government employees.
- Abolish the posts of BBMP Marshals immediately.

45-day-old baby killed by mother

A 45-day-old infant was allegedly killed by his mother in Nagakallu village, Visheshapura, Nelamangala taluk, due to extreme financial hardship, according to police reports.

According to police sources, the infant's mother, Radhe, has been taken into custody by the Nelamangala Town Police after she reportedly drowned her baby boy in a vessel of boiling water late at night. The incident came to light after neighbours grew suspicious and alerted the authorities.

Radhe and her husband, Pavan, were reportedly living in dire poverty. Pavan, a habitual drinker, had failed to take responsibility for the household or provide for the newborn. Police say Radhe was overwhelmed by the burden of raising the child alone in such conditions and committed the act.

Living in dire poverty, infant's mother, overwhelmed by responsibility of raising the child alone, allegedly killed him, say police officials investigating the case

The accused has confessed during preliminary interrogation, citing helplessness and the inability to afford necessities for the baby as the reasons behind her actions. A case has been registered at the Nelamangala Town Police Station under relevant sections of the IPC, and further investigation is underway. The infant's body has been sent for postmortem, and further legal proceedings are ongoing. — BMB

CRIME FILES

Student kidnapped, assaulted over ex-girlfriend dispute

A college student was allegedly abducted, stripped, and assaulted by a group of men after he was accused of sending an obscene message to a girl. The incident occurred on June 30 in Soladevanahalli, located in the Nelamangala taluk. Police have since arrested all eight individuals involved in the attack.

The youth, identified as Kushal, a 19-year-old, was in a relationship with the girl during college for two years, but they broke up a few months ago. The girl later got into a relationship with another individual, which allegedly Kushal couldn't accept. It's also reported that he allegedly sent obscene messages to the girl. The girl's new partner and his friends called Kushal to AJP Layout in Bagalagunte under the pretext of resolving the issue and abducted him.

There, he was allegedly stripped, brutally beaten, and threatened with death in a manner likened to the murder of Renukaswamy, a case that recently made headlines due to the involvement of actor Darshan and his associates. The group filmed the entire assault, and the video has gone viral on social media, with the attackers referring to themselves as "accused number one, two, and three." Following a complaint, Soladevanahalli police registered a case of robbery and kidnapping and confirmed that all eight suspects have been taken into custody.

Commenting on the recent violent assault of a youth in Soladevanahalli, on Bengaluru's outskirts, Home Minister Dr G Parameshwara confirmed that the suspects involved have been apprehended. However, he noted that the full details of the case are still being gathered.

Dr Parameshwara also expressed concern over the broader impact such high-profile crimes might be having on young minds. He suggested that psychologists and mental health experts should examine whether these incidents are creating a dangerous ripple effect, influencing youth behaviour. — BMB

Tipper-bike crash claims 1 life

A road accident on Monday claimed the life of a man and left another critically injured near a dhaba gate on the outskirts of Devanahalli in Bengaluru Rural district.

The accident occurred when a tipper lorry collided head-on with two two-wheelers on the national highway. One of the riders, who is yet to be identified, was killed instantly after being run over by the lorry's tyre.

The other two-wheeler had two people onboard, while one managed to escape unhurt, the other sustained serious injuries. Locals rushed the injured to a nearby hospital, where he is currently undergoing treatment.

Devanahalli police arrived at the scene shortly after the incident, and police officials also examined CCTV footage. According to preliminary investigations, the tipper was overspeeding. A case has been registered. — BMB

Garments used to transport drugs

The Rajanukunte Police have arrested three foreign nationals and seized MDMA worth ₹4.5 crore from a rented house in the Rajanukunte area under Bengaluru Rural limits. Acting on a tip-off, police recovered 2.8 kg of MDMA, ₹2 lakh in cash, seven mobile phones, and a weighing machine from the premises.

According to the police, the accused smuggled drugs concealed within ready-made garments. They had hidden the contraband inside the cardboard supports used in shirts and trousers. After smuggling the drugs into the city, they repacked the substance into smaller quantities at their rented accommodation.

The house was reportedly chosen due to its proximity to airport security arrangements, possibly to monitor surveillance and evade detection. The repacked drugs were then distributed through local dealers.

Police sources revealed that the accused had set up a systematic network for distribution. With the trio now in custody, Rajanakunte Police have intensified their investigation to trace other members of the drug network who are currently absconding. Further inquiries are underway. — BMB

Project Majestic aims to transform city commute

KSRTC revives redevelopment of 45-year-old landmark into a multi-storey intermodal transport hub with commercial space, modern facilities, and PPP funding

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The upcoming Majestic hub will feature AI-powered surveillance and LED signage on platforms for enhanced commuter safety and real-time travel updates

Bengaluru's iconic Kempegowda Bus Stand (Majestic) is set for a major transformation, with plans to develop a three- to four-storey transport hub under the Project Majestic scheme. On July 1, the Karnataka State Road Transport Corporation (KSRTC) invited tenders to appoint a transaction advisor for the development of an intermodal transport hub at the site. This follows Chief Minister Siddaramaiah's announcement during the state budget that the redevelopment will be carried out under a public-private partnership (PPP) model, with a commercial complex integrated to boost revenue generation.

Transport Minister N Ramalinga Reddy said, "The Majestic bus terminal, with a legacy spanning 30 years, was first envisioned during the tenure of Devaraj Urs and inaugurated by Gundu Rao. When I was Transport Minister in 2016, we had already planned a major revamp. Now, under Chief Minister Siddaramaiah's vision of developing it into a world-class transport and commercial hub, KSRTC has invited tenders to appoint an advisor for a PPP-mode redevelopment. The 40-acre project will integrate Terminals 1, 2, and 3 into a unified intermodal transport hub. The advisor will conduct a detailed study of land use, traffic flow, and commercial viability. With BMTC operating 10,000 trips and KSRTC around 3,000 trips daily, this upgrade is long overdue."

45-year-old landmark to be modernised

The 45-year-old Majestic bus stand, which serves as a crucial transport hub, will undergo significant structural expansion. Transport Minister N Ramalinga Reddy stated that the detailed project plan is being finalised and a tender process may begin in the next five to six months.

Currently, the Bengaluru Metropolitan Transport Corporation (BMTC) and Karnataka State Road Transport Corporation (KSRTC) operate around 10,000 buses from this hub, with BMTC handling 8,500 schedules daily, while KSRTC manages around 1,500 schedules.

"We are considering constructing three to four floors for KSRTC and BMTC operations. The upper floors will be leased out for commercial purposes, making the transport hub financially sustainable," said Reddy. He also mentioned that discussions are ongoing on whether to execute the project as a joint venture or independently. Additionally, the new facility will feature AI-powered surveillance cameras and LED signage boards on platforms.

> **"The 40-acre project will integrate Terminals 1, 2, and 3 into a unified intermodal transport hub. The advisor will conduct a detailed study of land use, traffic flow, and commercial viability**
>
> –Transport Minister N Ramalinga Reddy

Plan revived from 2012

The idea of redeveloping the Majestic bus stand was first proposed in 2012, when KSRTC conducted a pre-feasibility study but later shelved the project. At the time, KSRTC had planned to utilise 19.9 acres for transit operations and 12.5 acres for commercial development.

A KSRTC official said, "The new initiative aims to make KSRTC financially self-sustaining, following the model of BMTC's Shantinagar bus terminal, where commercial complexes generate revenue. With Project Majestic back on track, the state government is focused on transforming the city's busiest transport hub into a modern, revenue-generating facility, benefiting both commuters and transport corporations."

DOCUMENT LOST

I, Padma resident of Neraluru village, Virupakshipura hobli, Channapatna taluk, Rama nagara district, stating that, the original sale deeds of the property in **Survey No. 167/4 (registration no.1437/1985-86) and Survey No. 167/5 (registration no.189/1987-88) of Neraluru village, registered at Channapatna sub register office** were accidentally lost at the Channapatna bus stand on 10.06.2025. In this regard, i have filed a complaint (L.R No.1686208/2025) to Ramanagara Police on 04.07.2025. If anyone finds the said document, they are requested to contact the above address or mobile: **9902397921.**

Power denied, violations mount

Over 11,000 buildings in Bengaluru that applied for electricity connections after completion are under BBMP scrutiny for lacking approved plans or violating layouts. Following a Supreme Court directive, BESCOM has suspended power supply to such structures since April 4. BBMP's Town Planning Division is now verifying eligibility for Occupancy Certificates (OCs). Of 10,813 applicants, only 5,937 were contacted. Site visits to 770 buildings revealed many violations. Just 758 had approved plans. The civic body is sending awareness messages and working with the government to amend laws and streamline the OC certification process. **–BMB**

Lesson-based tests in all govt schools

The government is set to introduce a new assessment policy across all government schools from the 2025–26 academic year, implementing a Unit Test system similar to that in private institutions. Students from grades 1 to 10 will take short Lesson-Based Assessments (LBA) after each lesson to evaluate understanding and improve learning outcomes. The Department of School Education and Literacy believes this move will enhance overall educational quality. The State Council of Educational Research and Training (DSERT) will prepare uniform question papers, and schools will conduct assessments accordingly. Marks will be recorded in a centralised student performance tracking system (SATs).

DSERT to prepare uniform question papers for all school

An Education Department official said, "Though introduced under a new title, the model is essentially a return to traditional continuous assessment methods." Teachers note that earlier systems like Formative and Summative Assessments (FA and SA) had a similar purpose — to evaluate learning incrementally. Under the new Lesson-Based Assessment (LBA) model, each test will carry 30 marks and feature 25 multiple-choice questions, divided by difficulty: 65% easy, 25% moderate, and 10% difficult. The initiative will be implemented in all 46,757 government schools across Karnataka, covering over 42.92 lakh students. The SSLC exam format will also be revamped to include short and long answers, comprehension-based questions, and creative responses to encourage conceptual learning and improve board performance. **–BMB**

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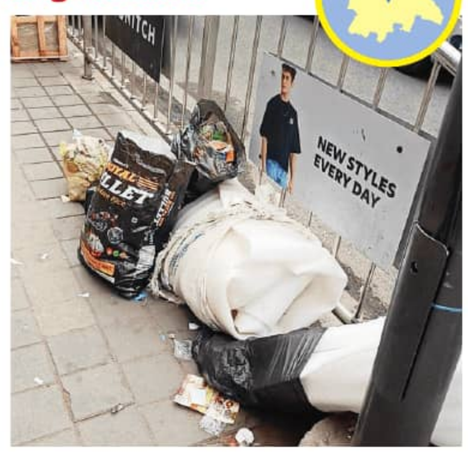
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Space misuse
Basaveshwara Nagar

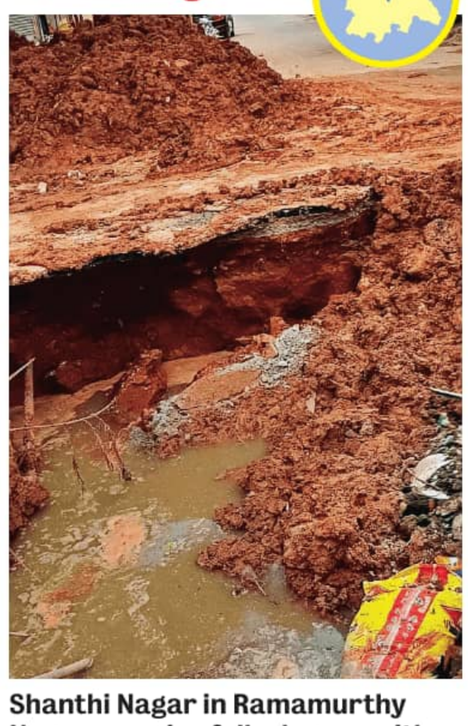
An unattended food cart mysteriously appeared overnight near the park at SVGNSS Layout, off Water Tank Road in Basaveshwara Nagar, sparking concerns over misuse of public space and hygiene risks.

Waste neglect
Brigade Road



Unattended garbage piles are accumulating along Brigade Road, with no visible effort from civic workers to clear the waste, raising sanitation and public health concerns.

Repair delay
Shanthi Nagar



Shanthi Nagar in Ramamurthy Nagar remains fully dug up, with no signs of restoration or debris removal, causing serious inconvenience to local residents.

Bill soon to tackle misinformation

In a move to rein in social media spreading fake news, the Karnataka government will introduce a new bill in the next Assembly session, Home Minister Dr G Parameshwara said. He said the government has received complaints about YouTubers and social media influencers harassing staff at government offices, prompting the need for stricter regulation. The minister stated that the District Government Employees' Association had submitted a formal complaint seeking protection from such disruptions. Meanwhile, Union Minister V Somanna, speaking at the same event, assured journalists and senior citizens that he would make sincere efforts to reinstate railway passes that have been discontinued.

Hyperloop and pod taxi may reach Bengaluru

Union Minister for Road Transport and Highways, Nitin Gadkari, has announced that the central government plans to introduce futuristic mass transport systems such as hyperloop, metrino pod taxis, pillar-based transit systems, and a 135-seater electric rapid transport bus in cities like Bengaluru and Delhi, which face heavy traffic and population density. Gadkari stated that a 135-seater electric bus is currently undergoing a pilot run in Nagpur. If successful, similar services will be introduced between major cities, including Bengaluru-Chennai, Delhi-Chandigarh, Delhi-Dehradun, Delhi-Meerut, Delhi-Jaipur, Mumbai-Pune, and Mumbai-Aurangabad.

Highlights of electric bus

The electric bus is designed like a metro train with three coaches. It includes seating arrangements, air conditioning, foldable trays for laptops, and provision for packed food. The bus can travel at speeds between 120–125 km/h. Operating costs are about 30% lower than diesel buses, and the system reduces pollution. The buses come equipped with wireless charging and can be fully charged in 30 minutes. He said that metrino pod taxis function like monorails, running on elevated tracks, but are similar to small cars. Each pod can carry 2–6 passengers and run at speeds between 60–130 km/h. These pods operate on fixed routes, with stops for boarding and deboarding, allowing for rapid urban transport.

What's in store for B'luru?

Electric bus with three coaches: Metro-style design; to run on the Bengaluru-Chennai route at speeds up to 125 km/h.

Pod taxi: Monorail-like system with small pods accommodating 2–6 passengers; speeds up to 130 km/h.

Hyperloop: High-speed transit pods that could eventually travel at 1200 km/h in vacuum tubes; still in development.

Green roofs can tame urban heat: Experts

Study finds over 1.7 lakh Bengaluru buildings suitable for rooftop gardens to combat rising city temperatures; researchers say they can cool city hotspots, improve air quality, and promote sustainable development

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TWEETS @BangaloreMIRROR

Bengaluru has lakhs of buildings with the capacity to create green roofs to mitigate its urban heat island effect (UHI).

A satellite image-based study has identified 27.25 square kilometres of rooftops in dense, concrete areas in the city, suitable for green roof implementation.

The GIS (Geographic Information System) study has located a total of 2,72,518 buildings in UHI-affected areas across the city. Among these, 1,79,587 rooftops (65.9%) were found suitable for green roof implementation, offering significant potential for mitigating urban heat.

Buildings with rooftop areas smaller than 50 square metres were excluded from the analysis. Studies in the past have suggested that rooftops below 50 square metres often lack the structural capacity, vegetation viability, and cost-effectiveness required for meaningful environmental impact.

Researchers identified areas within the city with high surface temperatures, including urban areas, commercial centres, and industrial areas. They then integrated thermal and rooftop data of buildings located in low- to medium-density urban areas to identify optimal locations for green roofs, particularly on the city outskirts.

Green roofs are roof surfaces partially or completely covered with vegetation in a growing medium. These structures thus reduce rooftop temperatures and promote urban cooling, while offering a sustainable, nature-based solution to mitigate these effects.

Experts say the implementation of green roofs in Bengaluru is a promising solution to mitigate the urban heat island effect and the increasing environmental stress caused by rapid urbanisation.

"Green roofs provide substantial benefits, including improved air quality, reduced building energy consumption, and enhanced public health through the creation of green spaces in concrete-heavy urban environments. These benefits would tackle the rising temperatures in Bengaluru, which pose significant challenges to urban sustainability. Green roofs can also lower localised temperatures by absorbing heat and promoting evapotranspiration, enhancing urban livability in UHI hotspots," noted the study.

Green roofs cool buildings, manage stormwater, boost biodiversity

> **Green roofs provide substantial benefits, including improved air quality, reduced building energy consumption, and enhanced public health**
>
> –Study

Researchers say areas with minimal green cover and intense urbanisation would gain maximum cooling benefits from green roof adoption. By reducing rooftop temperatures, a green roof helps mitigate heat stress, thus improving thermal comfort for building occupants, and supporting healthier, more resilient urban communities.

Apart from providing a cooling effect, the green roof helps in stormwater management, enhances biodiversity, and provides residents with access to much-needed green spaces.

Researchers from Dayananda Sagar Academy of Technology and Management, who conducted the study, say that providing tax benefits or subsidies for property owners can encourage the widespread adoption of green roofs across urban areas.

"Focus should initially be directed toward 1,79,587 rooftops identified as highly suitable for green roof implementation, particularly in areas with high surface temperatures and significant roof areas. A monitoring mechanism to track the performance of green roofs over time should be established, and the data can be used to evaluate the impact of green roofs on urban microclimates and to ensure suitable policies for sustainable urban development," say researchers.

The study was published in the International Journal of Research and Innovation in Applied Science.

Govt clears Panchayat logo use

The Department of Rural Development and Panchayat Raj issued an order permitting local self-government institutions — Zilla Panchayats (ZP), Taluk Panchayats (TP), and Gram Panchayats (GP) — to use distinct official logos. This move follows repeated appeals by the State Federation of Gram Panchayat Members, which had emphasised the need for separate emblems for grassroots institutions. Responding positively to the request, Minister Priyank Kharge chaired a meeting on February 13 and later directed the implementation of unique logos for each local body.

With this order, ZP, TP, and GP bodies can now officially use government-designed, meaningful, and distinctive logos. These logos can be displayed on banners, advertisements, and government buildings related to various schemes, and elected members may use them on visiting cards during their tenure. The logos are also permitted for use on official or semi-official letters, placed at the top or centre. However, the government has issued a strict warning against misuse. **–BMB**

CCB cracks down on pubs and bars

The Central Crime Branch (CCB) has intensified its checks on pubs and bars following reports that young women are being employed to serve customers in attire that may violate established guidelines. Despite multiple raids and warnings, several establishments continue to flout the rules. Following recent inspections that exposed such practices, CCB officials have directed all pub and bar owners to submit daily CCTV footage to their respective jurisdictional police stations. Authorities have also issued strong warnings to resorts, homestays, and luxury hotels in the city's outskirts, where rave parties and drug use have become commonplace. Senior police officials, including DCPs, have held meetings with owners of such establishments, advising them to uphold the law and prohibit illegal activities such as drug abuse and high-tech prostitution. **–BMB**

'200+ immigrants have been deported'

Home Minister Dr G Parameshwara on Monday confirmed that the state has intensified efforts to identify and deport illegal immigrants, particularly those from Bangladesh, with over 200 individuals already sent back. Addressing the media in Bengaluru, the minister emphasised that the crackdown on undocumented foreign nationals is an ongoing process. "This is not a one-time action. The Foreigners Regional Registration Office (FRRO) flags such cases, and based on their reports, deportations are being carried out regularly," he said.

Responding to concerns about illegal immigrants being employed as construction workers, Dr Parameshwara assured that all such claims will be investigated thoroughly. "Anyone found residing illegally will be deported," he stated firmly. **–BMB**

Anna Bhagya deliveries halted over unpaid dues

Truckers left with no option due to increasing financial burden and mounting loans, says Lorry Owners' Federation President

Y Maheswara Reddy
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Over 4,000 truck owners have halted the transportation of rice and other food grains provided under the Anna Bhagya scheme.

Truck owners, who ferried 25 lakh tonnes of rice to district and taluk centres between February and June, allege that the state government has not fulfilled its assurance to clear pending dues.

Speaking to BM, GR Shanmugappa, President of Karnataka State Lorry Owners' Federation and Agents Association, said that truck owners were left with no option but to halt the transportation of rice and other food grains to the fair price shops across the state.

"The state government has not released funds since February to make payments for around 4,000 truck owners for transporting rice and food grains to the fair price shops," said Shanmugappa, adding that it has become tough for the truck owners due to the delay in the release of Rs 250 crore in overdue payments.

He said that the Secretary of Food and Civil Supplies Department had assured on June 19 that the arrears would be cleared in two days, but no action was taken. "Around 1,000 trucks are being maintained on a contract basis and 3,000 trucks are owned by members of the Lorry Owners' Federation," he said. He warned that many transporters are on the brink of financial collapse, with truck EMIs unpaid and loans mounting. "Financial institutions that provided vehicle loans have been seizing the trucks over the loan default. The truck owners have transported 25 lakh tonnes of food grains in five months to the fair price shops. I want the government to clear the arrears to the truck owners," he said.

The truck owners, starting Monday, have halted the transportation of food grains to fair price shops

> **Financial institutions that provided vehicle loans have been seizing the trucks over over the loan default**
>
> -GR Shanmugappa, President of Karnataka State Lorry Owners' Federation and Agents Association

Shivamogga Retail Transport Contractors' Association President informed the Chief Minister, through the Deputy Commissioner of Shivamogga, about the halt in transportation of rice and food grains to the fair price shops. He appealed to the Chief Minister to make arrangements to clear the arrears to the contractors without any delay.

With the transportation of rice and food grains coming to a halt, crores of beneficiaries under the Anna Bhagya scheme are expected to be affected, throwing a spotlight on the financial pressures behind one of the government's most ambitious social welfare programmes.

BMRCL served notice after MP's fare petition

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The Karnataka High Court, on Monday, served notices to Bangalore Metro Rail Corporation Limited (BMRCL), state government, and union government regarding a petition filed by BJP MP Tejasvi Surya. The petition demanded the immediate publication of the Fare Fixation Committee (FFC) Report, which was led by former Justice R Tharani.

The court remarked during proceedings, "You are so powerful you cannot get the BMRCL to do that much also?"

Surya's counsel responded that despite direct meetings with BMRCL's Managing Director and public support, the organisation remained unresponsive, citing pending state government approval. The counsel questioned BMRCL's lack of discretionary power under the act.

The petition indicates that Surya, as an MP representing the Namma Metro-served constituency and a regular commuter, sent three formal requests to BMRCL on April 28, 2025, May 8, 2025, and May 15, 2025, requesting the FFC report's publication, to which BMRCL failed to respond. The document noted that Surya regularly uses Namma Metro for personal and professional travel since its inception, making him directly affected by BMRCL decisions.

The Fare Fixation Committee submitted its recommendations on December 16, 2024, after studying global metro systems, including visits to Singapore and Hong Kong. Following the committee's recommendations, BMRCL implemented significant fare increases on February 9, 2025, raising fares up to 100% in certain cases, with maximum fares increasing from Rs 60 to Rs 90, making it India's costliest metro system. After public protests and the petitioner's intervention, BMRCL revised fares on February 14, 2025, limiting the maximum increase to approximately 71%.

The petition argues that the refusal to publish the report is arbitrary, lacks a rational basis, and violates principles of transparency and natural justice. It highlights that metro authorities in Delhi, Mumbai, and Hyderabad have published similar reports, setting a precedent for transparency.

2017 encroachment directive quashed

The High Court quashed a directive issued in 2017 by the Karnataka Legislative Council's Petitions Committee regarding alleged encroachment of a public road in Rajakaluve.

Justice Suraj Govindaraj allowed the petition filed by C Bhavani, ruling the directive invalid. He cited a 2021 Division Bench order that found no encroachment and stated that the Bench's findings are binding on all state bodies, including legislative committees.

BM Trippin' Tales

Consumer Connect Initiative

Temporary ban imposed on Ettina Bhuja till July 31

Incessant monsoon rains have significantly increased risk of landslides and slippery terrain in region, prompting authorities to restrict entry to ensure tourist safety

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Popular trekking destination Ettina Bhuja, often hailed as 'Trekker's Paradise', has been temporarily closed to visitors due to continuous heavy rainfall and thick fog in the region. The Forest Department has imposed a month-long ban from July 1 to July 31 in view of visitor safety.

Ettina Bhuja, located in Mudigere taluk of Chikkamagaluru district, close to Sakleshpur in Hassan district, is a favorite amongst adventure enthusiasts and nature lovers. However, the incessant monsoon rains have significantly increased the risk of landslides and slippery terrain in the region, prompting the authorities to restrict entry.

Landslide threat and low visibility

The Mudigere forest range has been receiving heavy rainfall over the past few days. Officials say the area is enveloped in dense fog, further reducing visibility and increasing risks for trekkers. Given these conditions, the Forest Department has taken a precautionary measure to ensure safety.

Pattabetta also under ban

In addition to Ettina Bhuja, a temporary entry ban has also been imposed at Pattabetta near Nanaguru in Sakleshpur taluk. Tourism in these regions has already suffered setbacks due to an ongoing dispute between the Forest and Tourism Departments, resulting in a six-month vehicle entry restriction.

Tourism industry hit

The monsoon season typically attracts a surge in visitors to Sakleshpur's scenic waterfalls and hills. However, local stakeholders say the current restrictions are a blow to the already struggling tourism industry. "There has been a steady rise in tourist footfall this monsoon, but the sudden ban on entry to Ettina Bhuja is a major setback for local tourism," said Girish, a local homestay owner.

Ettina Bhuja, located in Mudigere taluk of Chikkamagaluru district, is a favorite amongst adventure enthusiasts and nature lovers

Local residents have also raised concerns over the lack of security near waterfalls. "There are no guards deployed near the major falls, and the district administration must take immediate steps to ensure tourist safety," they urged.

Visitors unaware of risks

Authorities stated that many tourists, especially from outside the district, are unaware of the landslide risks and the fragile condition of the Western Ghats during heavy rains. Hence, the temporary restrictions have been put in place as a preventive measure. "Considering the intensity of rainfall and the likelihood of landslides, we have imposed a month-long ban on tourist entry to ensure safety," said a Forest Department official.

HEALTH TIP: Wetting hair before entering the pool saturates it and prevents further absorption of chlorine water

When you don't get good quality sleep, it raises your risk for heart disease, high blood pressure, strokes, and diabetes

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EVERYBODY HURTS... BUT SOME HURT MORE

What's rejection sensitive dysphoria in ADHD? And how to manage it?

Imagine your friend hasn't replied to a message in a few hours. Most people might think, "they are probably just busy".

But someone with attention-deficit hyperactivity disorder (ADHD) might spiral into a flood of thoughts like, "they must hate me!" or "I've ruined the friendship!"

These intense emotional reactions to real or imagined rejection are part of what's called rejection sensitive dysphoria.

The term isn't a formal diagnosis, but it's gaining traction in both research and clinical work, especially among adults seeking to understand themselves better.

So, what is rejection sensitive dysphoria, how does it relate to ADHD, and how can we handle it with more compassion?

It's more than just disliking criticism

Everyone feels hurt when they're criticised or left out. But rejection sensitivity dysphoria isn't just about "not liking" feedback. The word dysphoria refers to intense emotional distress.

People with rejection sensitivity dysphoria describe overwhelming reactions to perceived rejection, even if no one actually said or did anything cruel.

A passing comment such as "I thought you were going to do it this way" can trigger feelings of shame, embarrassment or self-doubt.

The emotional pain often feels immediate and consuming, leading some people to withdraw, over-apologise or lash out to protect themselves.

The ADHD brain and emotional hypersensitivity

ADHD is often associated with attention or impulsivity, but one major (and often overlooked) component is emotional dysregulation: difficulty managing and recovering from strong emotional responses.

This isn't a character flaw; it's a neurological difference. Brain imaging studies show people with ADHD tend to have differences in how their amygdala (the brain's emotional alarm system) and prefrontal cortex (which regulates impulses and emotions) work together.

The result? Emotional experiences hit harder and take longer to settle.

A 2018 study highlights this imbalance in emotional control circuits in people with ADHD, explaining why intense feelings can seem to "take over" before logical thinking kicks in.

What does the research say?

Recent research from 2024 reports a strong link between ADHD symptoms and rejection sensitivity. It found students with higher ADHD symptom levels also reported significantly more rejection sensitivity, including a heightened fear of being negatively evaluated or criticised.

Further evidence comes from a 2018 study which showed adolescents with ADHD symptoms were far more sensitive to peer feedback than their peers. Their brain activity revealed they were more emotionally reactive to both praise and criticism, suggesting they may perceive neutral social cues as emotionally charged.

This reflects what I see daily in my clinic. One 13-year-old boy I work with is creative, empathetic and full of potential, yet social anxiety tied to a deep fear of rejection often holds him back. He once told me, "if I say no, they won't like me anymore". That fear drives him to go along with things he later regrets, simply to keep the peace and avoid losing connection.

This constant social hypervigilance is mentally draining. Without support, it can spiral into shame, low confidence and ongoing mental health struggles.

Adults with ADHD aren't immune either. A 2022 study explored how adults with ADHD experience criticism and found many linked it to persistent feelings of failure, low self-worth and emotional reactivity – even when the criticism was constructive or mild.

One client I support – a high-achieving professional diagnosed in her 50s – described learning about rejection sensitive dysphoria as "finding the missing piece of the puzzle".

Despite consistently excelling in every role, she had long felt anxious about how she was perceived by colleagues. When she received a minor, formal complaint at work, she spiralled into intense self-doubt and shame.

Instead of brushing it off, she thought: "I'm too much". This belief had been silently reinforced for years by her emotional sensitivity to feedback.

What helps?

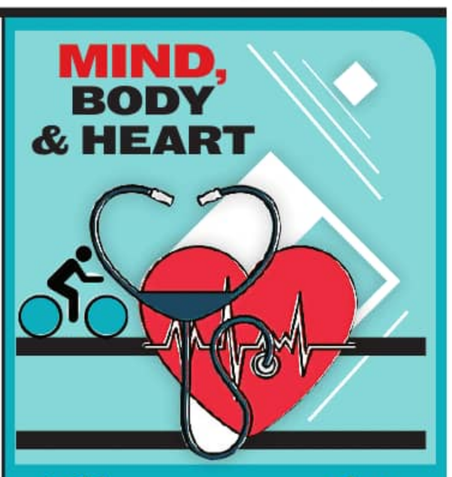
If you experience rejection sensitivity dysphoria, you're not alone, and you're not broken.

Here are some tools that may help:

- name it. Saying to yourself, "This feels like rejection sensitivity," can give you distance from the emotional flood
- pause before reacting. Taking slow breaths, counting backwards, or stepping outside are simple grounding strategies that help calm the body's stress response and restore balance to your nervous system. Research shows slowing your breath and grounding your senses can help shift your body out of fight-or-flight mode, supporting clearer thinking and emotional regulation
- challenge the story. Ask yourself, "What else could be true?" or "How would I speak to a friend feeling this way?"
- consider therapy. Working with a psychologist who understands ADHD and rejection sensitivity dysphoria can help untangle these reactions and develop healthy, self-compassionate responses. The Australian Psychological Society has a Find a Psychologist service: you can search by location, areas of expertise (such as anxiety, ADHD, trauma) and the type of therapy you're interested in
- start early with kids. Helping children with ADHD learn emotional language, boundary-setting and resilience can prevent rejection sensitivity from becoming overwhelming. For parents, resources such as Raising Children Network and books like The Whole-Brain Child by Daniel Siegel and Tina Payne Bryson offer practical ways to teach these skills at home
- communicate gently. If you work or live with someone who has ADHD, try to give feedback clearly and kindly. Avoid sarcasm or vague phrasing. A little extra clarity can go a long way.

Rejection sensitivity dysphoria isn't about being fragile or "weak". It's about how the ADHD brain processes emotional and social cues. With insight, tools and support, these experiences can become manageable.

(By Victoria Barclay-Timmis, University of Southern Queensland, The Conversation)



All you need to know about...

Diet after 40 for women

Hormonal balance
Hormonal shifts such as the ones women experience after 40 demand nutritional support – think calcium, magnesium, and omega-3s daily. Women undergo hormonal fluctuations due to changes in the oestrogen and progesterone levels during the perimenopause and menopause periods. Essential fatty acids support hormonal balance and reduce inflammation.
Make sure to incorporate omega-3-rich foods such as flaxseeds, walnuts, chia seeds, avocados (above), and fatty fish such as salmon (above) and mackerel into your diet.

Bone health
A decline in oestrogen levels after the age of 40 causes a risk of bone loss and osteoporosis, a condition characterised by weakened bones, making them more prone to fractures. Active women especially need a strong foundation – literally. Foods such as ragi (above), salmon, sardines, tofu, nuts and seeds, almonds, and leafy greens are rich in calcium, which results in strength for bones. Also consume magnesium-rich foods such as pumpkin seeds and legumes to enhance calcium absorption. Get adequate vitamin D from sun exposure. You can also take supplements after testing and a doctor's consultation.

Manage weight
Carbohydrates are necessary for energy, especially during workouts. Slower metabolism means women burn fewer calories at rest. Add low-glycemic carbs such as sweet potatoes (above), oats, buckwheat, quinoa, brown rice, and fruits such as berries and apples to your meals. Avoid overly-processed foods and foods with refined sugars.

Gut health
Include probiotic-rich foods such as homemade yoghurt, fermented veggies, kefir, kombucha, and kimchi (above). Prebiotic fibres such as garlic, onions, bananas, and asparagus also help to maintain a healthy gut.

—Dietician Dr Archana Batra for Femina

Bill trick red flags raised during dates

CONTINUED FROM PAGE 1

sometimes even just cola. The victim only realises the scam when the bill arrives, often amounting to ₹6,000 or more.

"The charges were absurd. I was shocked to see the final bill," he said. Later, he discovered that the girl received a commission of around ₹2,000 from the total amount, allegedly as a cut from the pub management. "The pub staff seemed completely aware of what was going on. It looked like a well-oiled setup," he added, suggesting that this may be part of a larger racket involving multiple players. The victim chose to share his story to warn others through social media. "This is how they manipulate and exploit people." he added in post.

A similar such incident had occurred in Mumbai where six women and 21 others had been arrested in a similar scam. A foreigner also shared a video a few months ago about a similar incident near Indira Nagar. Followed by this post in instagram, a user also commented, "This is true. There is a job sector around this... Girls get hired to bring boys on dates to hotels and get paid 20% of the bill. It's basically upto the girl where and how she gets boys on dates."

Mumbai-based activist Deepika Narayan Bhardwaj recently took to X to highlight a troubling dating app scam. She explained that men are lured by women who show quick interest in meeting in person, often suggesting high-end venues.

At these places, the women place expensive orders such as premium liquor or hookahs, which are not listed on the regular menu. Shortly after placing the orders, they abruptly leave, citing emergencies, leaving the unsuspecting men to foot the hefty bill.

Bhardwaj shared that at least 12 victims are already in touch with her. "The trap is laid through dating apps. In one shocking instance, three men were duped by the same girl using the same tactic," she explained on X

In 2024, cybercrime data from Bengaluru indicated that 1.6% of all registered cyber fraud cases were connected to social media-related scams. Despite their frequency, these cases contributed to just 0.22% of the total financial losses reported across all cybercrime categories. This 1.6% translates to approximately 400 officially reported cases involving social media fraud.

Senior police officials in Bengaluru stated that no formal complaints regarding such scams have been reported so far. This raises an important question, are victims choosing to stay silent? Cyber Crime expert Dr Harsha Thennarasu points out that while dating apps may be genuine, the people using them often are not.

"Dating is often private and personal. Not everyone who goes on a date is single; some may be married and later find themselves blackmailed. In such cases, why would they report it? When these scams go unreported, police remain unaware, and no action can be taken," he explained.

"Anyone going on a date through these platforms must exercise caution and ensure proper verification. Even officals from dating app must do verification ideally through KYC-linked accounts when an individual registers," he added. Dr Harsha also urged more victims to report such incidents.

Anantkumar questioned in road rage case

Former Union Minister and MP Anantkumar Hegde appeared before the investigating officer on Monday in connection with a road rage incident that took place near Hale Nijagal on National Highway 48, within Dabaspet Police Station limits, on June 23. The case involves allegations of assault and manhandling during a heated altercation with a family returning from a function.

The incident unfolded when Saif Khan, a Bengaluru-based businessman, allegedly overtook Hegde's XUV multiple times. Irritated, Hegde's vehicle intercepted Khan's car near the outskirts of the city. According to the complaint, Hegde's driver Mahesh and gunman Shreedhar forcibly pulled Khan out of his vehicle and assaulted him. When Khan's family members tried to intervene, including women, they too were allegedly manhandled. **BMB**

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CHANGE OF NAME
I **Nukullu Suresh Sravani** Age 41 Years W/O R S Sumanth Address: #235, Sri Subramanyeshwara Nilaya, Thyagaraja Colony, Mulbagal - 563131, Have changed my name From **Nukullu Suresh Sravani** to **R S Sravani** Vide Affidavit Dated **02-07-2025** Before Notary by **B Nagaraja.**

I Jayesh Nuzhinhippurath R/o No. #325 D Block, Mahaveer Ridge apartment, Begur-Koppa road, Akshaya Vana, Akshayanagar, Bengaluru. 560068 have changed my minor son's name from Ishaan to Ishaan Jayesh.

I Rajendra Setty Gundarlahalli Vishwanatha Residing At No 338, 16th Cross, 3rd Main, J P Nagar 4th Phase, Bengaluru - 560078, have changed my name to Rajendra Gundarlahalli Vishwanatha for all purposes.

I, Manikantan Kallychetty, S/O K Rangaiah Shetty, Residing at No. 150, Pillanna Layout, Near Little Bloom School, Devasandra, K R Puram, Bangalore - 560036. I have changed my minor son name from K M Likhith to Karthikeya Kallychetty vide affidavit 07-07-2025 before Notary H.G. Padmanabha Rao Blore.

I, Dhivya Rajendran, W/o Karthikeyan Kasi, R/at #48, K.No.37/1, 1st Floor, Eastern Portion, Seegehalli Goverment Hospital, Near Shiva Shankar Provision Store, Bengaluru-560049, have changed my name to Dhivya Karthikeyan, vide affidavit dt: 07.07.2025 before notary Meer Hassan, Bangalore

I, RAMA SUNDARRAJ, Residing at 4C, Anugraha APT,15 3rd Main, 5th Cross, NS Palya Bangalore – 560076, have changed my name to RAMA KRISHNAN vide affidavit dated 12/06/2025, sworn before notary Venkataraju H G, Bangalore.

I, ARUN KUMAR GEREHALLI RAVI residing at 2nd Block, Sathanuru Village And Post, Kanakapura, Sathanuru Hobali, Ramanagar – 562126, have changed my name to ARUN KUMAR GERAHALLI RAVI for all purposes.

I, Abhinava Chandra R/o A406, Srinidhi The Central Park, Brindavan Layout, Vimanapura, Bangalore - 560017 have changed my minor daughter's name from Jiya Chandra to Kaashvi Raj Sangal.

I, Bunha Urmilaben Ramjibhai W/o Diptesh Pipaliya, R/o B2-319, Pariwar Passion Apartment. Tejaswini Nagar, Bangalore- 560068 have changed my name to Urmila Diptesh Pipaliya

I, AYESHA BEGUM R/o Ward No: 13 Masjid E Ansar Kumandan Mohalla Ramanagaram 562159 have changed my minor Daughter name from MADEEHA MUSFERA to MADEEHA MUSFIRA for all purposes

I, Mohammed Zubair Ahamed Mohammed Bashaa S/o Mohammed Bashaa R/o No 3/2, BMS Villas, Flat No. 303, Nazeer Sab Layout, HSR Sec-7, Bommanahalli, B'luru 560068 have changed my name to Mohammed Zubair Ahamed.

I, " Harsha Shakti V " S/o Venkatesh V R/o #99, 3rd main, Hoodi, Basavannanagar, Bangalore 560048 have changed my name to " V Harsha Shakthi " Shall be called by this name for all purpose

I Pavithra W/O, Abhishek Pradeep Hegde R/o A-101,suavity Otium Apartment,akshayanagar Main Road, Yelenahalli,bengaluru-560068 have changed my name to Pavithra Shetty.

LOST & FOUND

LOST: I, BHAVANA B S, D/o B. Shivaprasad, residing at "Shivaleela", No.14, 20th Main, Gayathri Layout 1st Block, 3rd Phase, Basaveshwarnagar, Bangalore-560079 have lost my Original sale deed, Khatha, Possession certificate of Sri. B. H SAROJAMMA from The Karnataka state 'D' Group Employee's Society (R), Survey no. 25/1, Site No.258, Book No.1-83, CD No. 9469/2002-03 Srigan dada Kaval, Yashwanthpur Hobli, on 10.09.2003 at Sub-registered office Bangalore north taluk and B. Shivaprasad Survey no. 25/1, Site No.259, Book No.1-6876, Page: 163 to 168, CD No. 4564/2001-02 Srigandada Kaval, Yashwanthpur Hobli, on 21/08/2003 at Sub-registered office Bangalore north taluk, and Sale deed registered to B. H SAROJAMMA on 26.06.2006 at Sub-registrar office Bangalore north taluk, Book No.1, BLND 287, CD No. BLN-1-19187/2006-07 Dt: 31.12.2007. Lost while travelling, regarding this we have given a police complaint on 17.06.2025, in Karnataka State Police E -Lost Web Portal bearing Lost Report No.1656863 /2025, If anybody found pls contact 9343215656 or handover to the nearest police station.

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Amended rule mandates 5% target for use of C&D waste

CONTINUED FROM PAGE 1

Tech Park Road. Locals say they first noticed the waste in February, and the dumping has gotten worse.

"I stopped using these roads months ago, after it became a dumping ground of C&D waste, which leads to a lot of dust in the area. To add to that, auto drivers parked on this road use this heap for urination, and the stretch has started stinking. Months have gone by, but the pile remains," said Raman, a resident of CV Raman Nagar.

Complaints of construction and demolition waste dumped in the open, alongside roads, have also been raised by citizens from the Whitefield area.

Citizens and commuters say the waste is being discarded illegally in open areas all across the city. On some stretches, C&D waste dumped along the roadside is the norm.

"I have seen construction waste on this stretch from Hebbal to Nagawara for the longest time. Similarly, piles of C&D waste are dumped on the road from Manyata Tech Park to Dasarahalli. Small quantities of C&D waste have also been dumped on the stretch from Jakkur to Telcom Layout. All these areas are prone to flooding as well," said a resident from Jakkur.

Notably, the central Environment Ministry notified the Environment (Construction and Demolition) Waste Management Rules, 2025, last year. The rule will be effective April 1, 2026, and will make C&D waste producers accountable and responsible for the safe disposal and reuse of the waste through a transparent system.

The amended rule is aimed at tightening the grip over waste producers and mandates a 5% target for the utilisation of C&D waste in construction activities, apart from other directives.

> **"Although BBMP tries to clear these dumps, the waste can be seen again on the same spots. For such spots, BBMP may explore the process that is followed by the local body in Mumbai**

After the rule comes into effect, the local authority will be responsible for monitoring the utilisation of waste targets through CPCB's online portal.

City-based solid waste management experts say Bengaluru is covered in big and small heaps of C&D waste, dumped illegally, in the open.

"Although BBMP tries to clear these dumps, the waste can be seen again on the same spots. For such spots, BBMP may explore the process that is followed by the local body in Mumbai. The municipal body there, while clearing the waste, passes on the details of the issue to the local police station. A police complaint not only fixes accountability, but also makes the offence more serious," said a city-based C&D management expert.

The 'State Action Plan on Air Pollution' prepared by the Environmental Management & Policy Research Institute (EMPRI), Karnataka State Pollution Control Board (KSPCB) a couple of years before highlighted that construction and demolition waste in Bengaluru is major source of Respirable Suspended Particulate Matter (PM10) and Fine Particulate Matter (PM2.5).

Experts say dust from C&D waste can have serious health implications, impacting the respiratory and cardiovascular systems.

Salt n' pepper era— After amazing the fans with his looks in the Dhurandhar teaser, R Madhavan's new, clean-shaven look is getting all the praise and love. The actor indulged his fans with his signature salt-and-pepper charm and clean-shaven appearance

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Give it a break!

Ranveer Singh's 40th birthday and the grand reveal of his actionpacked film Dhurandhar should've been all about celebrations.

But some eagle-eyed netizens shifted the spotlight to Deepika Padukone's silence on both events—sparking rumours of a rift. However, fans weren't having it, swiftly shutting down the noise with reason. A Reddit user stirred up chatter by pointing out that Deepika didn't post anything for Ranveer birthday or his Dhurandhar first look. "Maybe she should appreciate her husband a little," the post read. Many fans quickly jumped in to defend the couple.

While one fan wrote, 'So much overthinking here, I had a relationship where I was very vocal on social media about my partner but he wasn't.. So was I really a better partner to him or just that we were different?, another one added, 'I think we are giving way too much weightage to what these celebrities are doing on social media. People who are reasonably happy don't even post that often about their lives.' People's relationships aren't defined by public social media posts. Grow up!" read a comment. A fan added, "In my opinion, the most happiest & secure of people do not indulge in social media at all. It's only the unhappy & insecure ones who feel the need to update their status..." **—ETimes**

Runaway kid

Kajol has always been open about how much she loves and admires her mother, the veteran actress Tanuja. But in a recent chat, Kajol shared a story from her childhood that many people didn't know.

Speaking to The Lallantop, Kajol looked back fondly on her childhood. She grew up in a busy house with four generations of women under one roof, her great-grandmother, grandmother, mother and herself.

She said, "I got to know that my maternal grandmother's mother was very sick. I called my mom, but she didn't allow me to come back home because I had exams. My holidays were in December, so she asked me to come in December only. I was 11 at that time." Even after so many years, Kajol remembered this moment very clearly. Kajol, studying in a boarding school in Panchgani, which is nearly five hours away from Mumbai, made a bold plan to run away.

"Another one of my friends was also unhappy, and we both decided to run away from the boarding school. We both decided to go to Bombay," she shared.

Kajol actually put her little plan into action. "I went to my local guardian, my mama in Panchgani, and I told him that mom has called me home. I asked him to take me to the bus stand," she said. But while she was waiting, the nuns came and took her back to school. **— ETimes**

The hard way

Ishaan on the challenges he faced while growing up

Struggles don't distinguish between rich and poor—they teach life lessons that stay with you forever. Even beloved celebrity kids aren't spared. Take Ishaan Khatter, for example. He recently opened up about the challenges he faced growing up and shared how his childhood was very different from the privileged image many people assume.

In an interview with MidDay, Ishaan shared about his failures and how he had to change from one rented house to another. He revealed that he grew up in rented homes, moving 17 houses by age 16.

Ishaan shared, "I did all my schooling in Juhu. I spent 10 years at Jamnabai, and then moved to Billabong High. For two years, I was just trying to make sense of life because I was so used to my old friends. I had studied in one school all the way up to 8th grade. We were always moving since we lived in rented houses. It was what people often called the Bombay struggling lifestyle. By the time I turned 16, I had already lived in 17 different homes. I was changing houses faster than my age." He continued, "When I changed school, the one social set I was used to had shifted. I was also making my peace with that... Then I started dancing. I told my mom that when I left Jamnabai in 8th grade, my academics started falling."

Ishaan recently made headlines when his film Homebound was showcased at the Cannes Film Festival. The film received an overwhelming 9-minute standing ovation. **—ETimes**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Kamal Sridevi shooting wraps up

The shooting of Kamal Sridevi was wrapped up at Sri Bande Mahakali Temple. The movie's unique title has already created curiosity among moviegoers. Sachin Cheluvarayaswamy, the son of Agriculture Minister Cheluvarayaswamy, has played the lead while Sangeeta Bhat is paired opposite him.

The movie is bankrolled by Dhanalakshmi BK and co-produced by actor Rajavardhan. It is for the first time for Raj Vardhan is taking up responsibility of a movie production.

"The shooting of the movie was held for 63 days. It was very tough to manage things on the location.

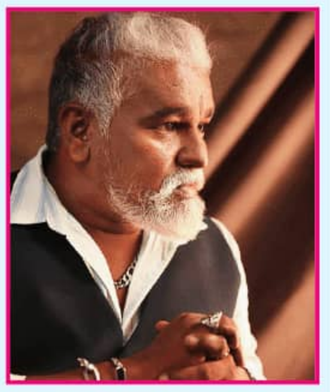
However, I am happy with the quality of the movie. It has turned out well. We have not wasted money and at the same time did not compromise with the quality," said Rajavardhan. He said he was supposed to play the lead in the movie but finally decided to have Sachin Cheluvarayaswamy as the hero. "Sachin and I have been friends for many years. The script demanded the actor with an innocent demeanour. I am known for playing rough and tough roles in movies. So, I convinced Sachin to play the lead and he has acted well," he said.

Mithra in Mahaan

Mithra, who has been entertaining audiences by playing a variety of characters, is set to play a different character in Mahaan, directed by PC Shekhar with Vijaya Raghavendra playing the lead.

"I acted in the Raaga directed by PC Shekhar. Now, I am acting in Mahaan, also directed by Shekhar. My character is very important in the movie. I agreed to sign up for this film when Shekhar narrated the screenplay as it was very interesting. I am happy to share the screen with talented actor Vijaya Raghavendra," said Mithra.

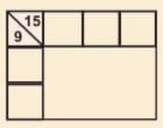
Shekhar said Mithra is acting under his direction after a gap of eight years. "I am happy to have Mithra on board. The character played by Mithra will accompany the character played by Vijaya Raghavendra like Sri Krishna and Arjuna in Kurukshetra warfield. While writing the script for Mahaan, I thought Mithra was the perfect choice for this role," said Shekhar. Producer Prakash S Budur said he was happy to have a talented actor like Mithra on board.



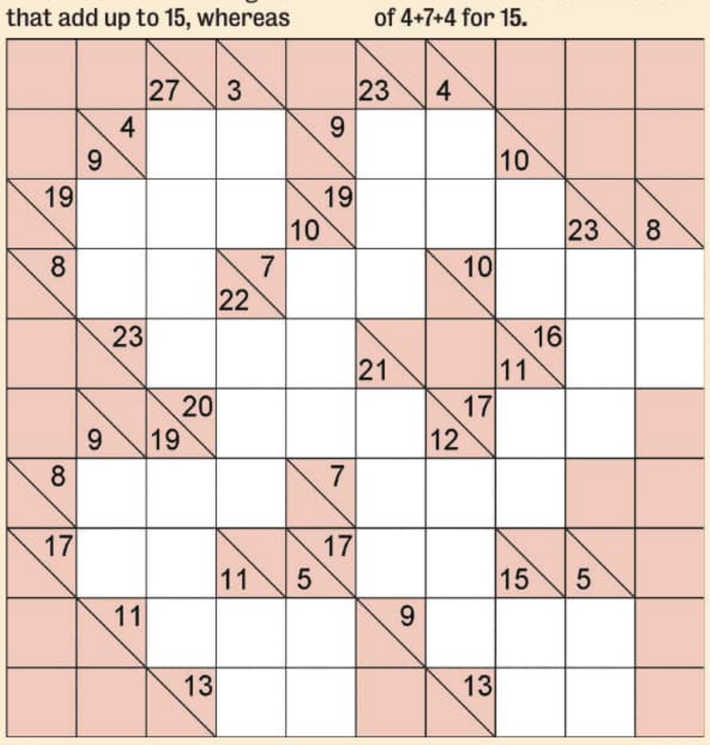
mybangaloremirror@timesofindia.com
facebook.com/theBangaloremirror
@BangaloreMirror

Kakuro

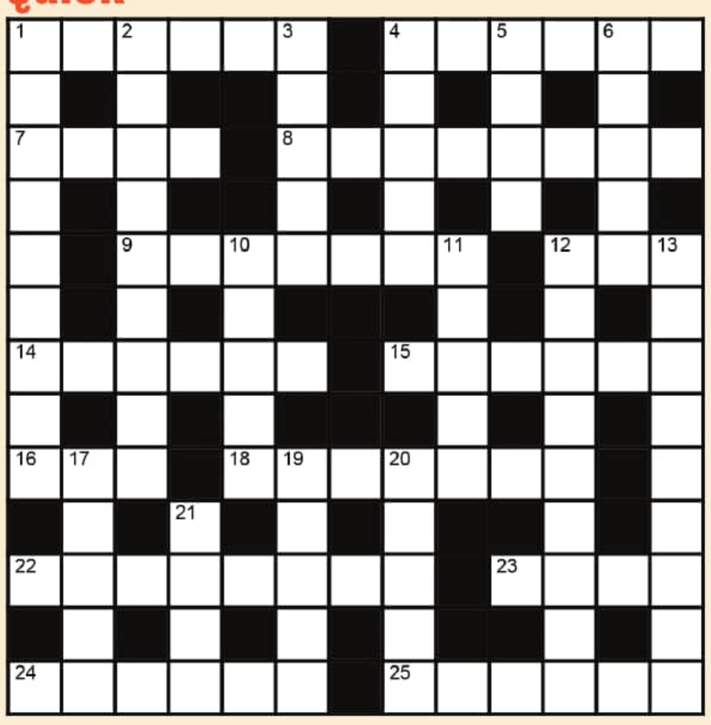
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Have __ ____ : Be totally unafraid (2,4)
4 Sweltering (6)
7 Assassinate (4)
8 Parisian university (8)
9 One of two metro stations in the Ulsoor area (7)
12 Mumbai's terminus (3)
14 Pungent bulb (6)
15 Donald, Melania, Eric & co? (6)
16 Tack on (3)
18 Spray from a can? (7)
22 Have tendency to come together (8)
23 Citrus fruit (4)
24 A liquid fuel (6)
25 Group of six (6)

DOWN

1 Longing for something past (9)
2 Buttered up (informal) (9)
3 Gone up (5)
4 City in Gujarat (5)
5 Robbery proceeds (4)
6 The ____: common soldiers? (5)
10 Mediterranean isle (5)
11 Threads or tall tales (5)
12 Grievance (9)
13 Solemn declaration (9)
17 Operated a vehicle (5)
19 Swashbuckler Flynn (5)
20 Bakery fixtures (5)
21 At any time (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: X EQUALS H

XP SM SFAPDWPA WZ XSM TPTZJU EZJ XSM GPMWM RFA WZ XSM STRCSFRWSZF EZJ XSM ERLWM.

Linemaro

Because of you, I laugh a little harder, cry a little less and smile a lot more

Mindchow

We must not always judge the generality of the opinion by the noise of the acclamation

Joke of the day

A balanced meal is whatever stays on the spoon en route to a baby's mouth

Loop

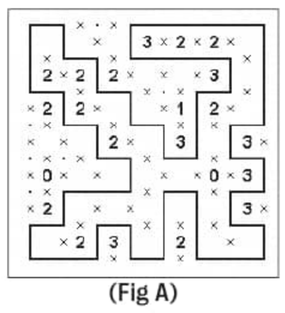
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

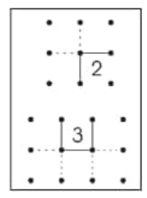
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

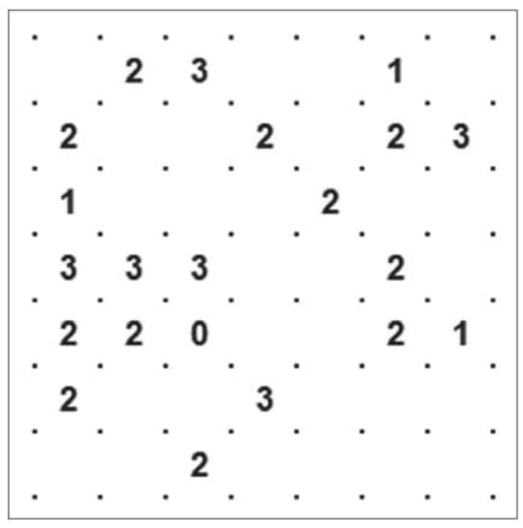
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



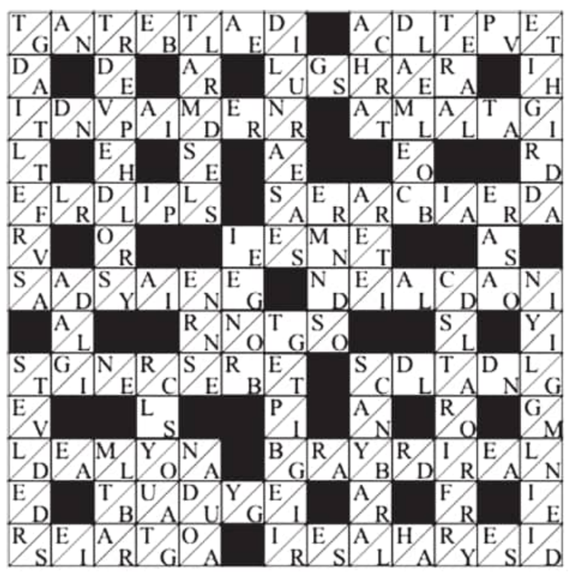
(Fig A)



(Fig B) Not Allowed



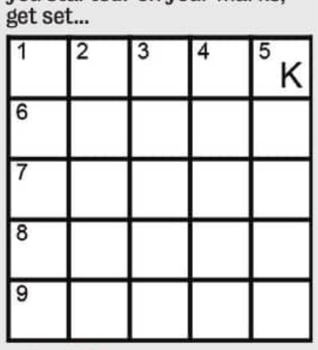
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

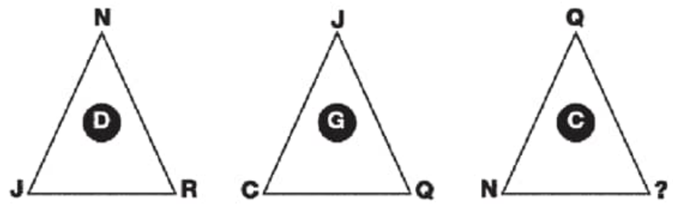
1 Rack C; 6 Lemna;
7 Agues; 8 Lease;
9 Sir WL

DOWN

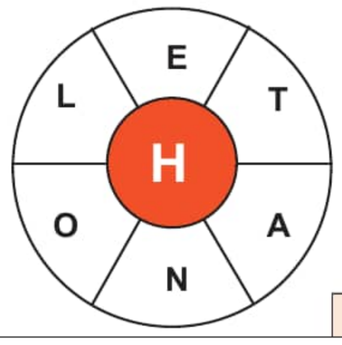
1 Luces; 2 Wears;
3 Masai; 4 Grace;
5 Nell K

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

12 Average; 14 Good; 16 Outstanding

SudokuChallenge

								2
			6	5		4		9
		3	2				5	
	9			2		7		5
		2	5		6	8		
4		5		7			3	
	3				2	1		
6		4		3	1			
2								

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

							= 11
1		3		7		8	

Medium

							= 1
4		5		8		8	

Hard

							= 14
6		7		8		9	

Hocusfocus

Find at least six differences in details between panels.

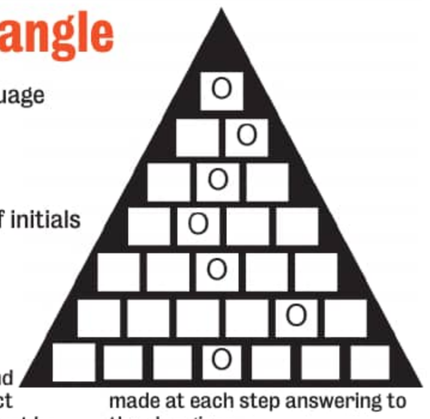
Differences: 1. Foot is repositioned. 2. Finger is moved. 3. Saw blade is longer. 4. First-aid kit is larger. 5. Box on shelf is different. 6. Man has more hair.

Riddler

The vowels from the names of three Indian cities have been removed. Can you figure out their names? 1. MMB 2. KLKT 3. BNGLR

Alpha triangle

1 Atomic number 8
2 An artificial language
3 Separating word
4 Colourful mount
5 Oak-to-be
6 Colouring stick
7 Name made up of initials

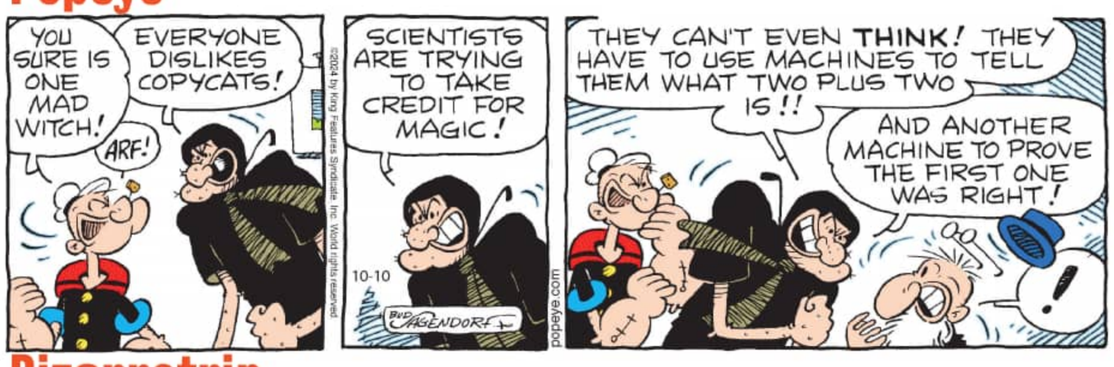


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

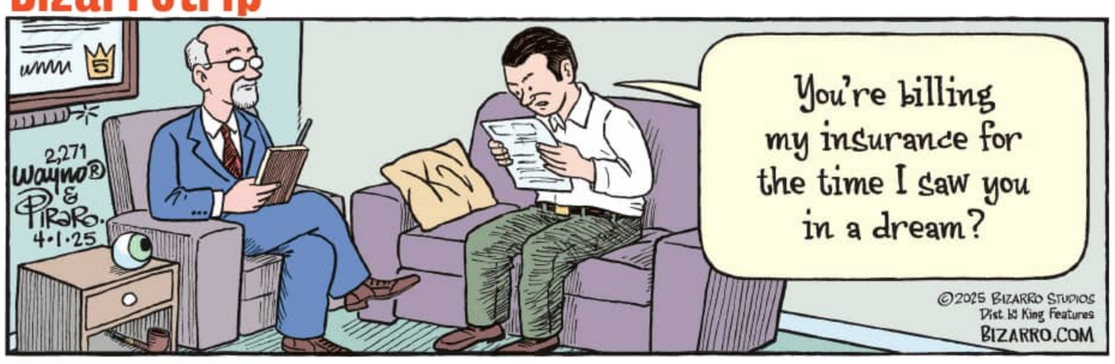
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

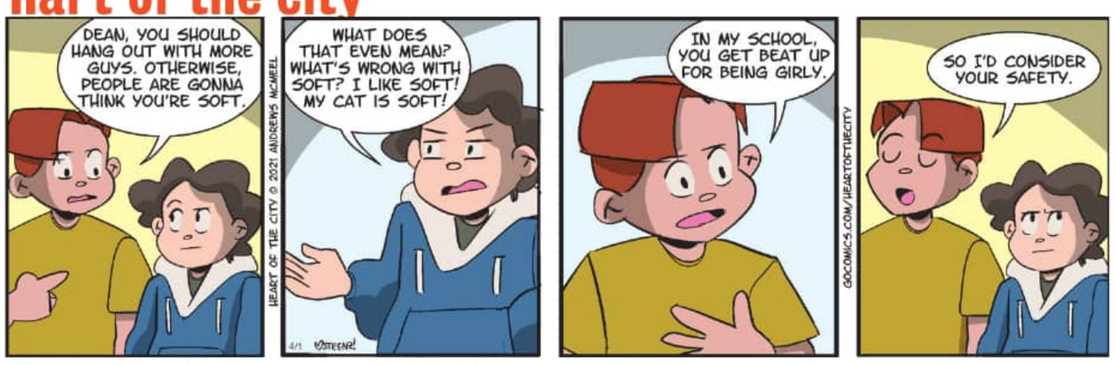

YOU SURE IS ONE MAD WITCH!
EVERYONE DISLIKES COPYCATS!
ARF!
SCIENTISTS ARE TRYING TO TAKE CREDIT FOR MAGIC!
10-10
BIL JAGENDORF
THEY CAN'T EVEN THINK! THEY HAVE TO USE MACHINES TO TELL THEM WHAT TWO PLUS TWO IS!!
AND ANOTHER MACHINE TO PROVE THE FIRST ONE WAS RIGHT!
popeye.com

Bizarrotrip



Diamond Lil

Hart of the city


DEAN, YOU SHOULD HANG OUT WITH MORE GUYS. OTHERWISE, PEOPLE ARE GONNA THINK YOU'RE SOFT.
WHAT DOES THAT EVEN MEAN? WHAT'S WRONG WITH SOFT? I LIKE SOFT! MY CAT IS SOFT!
IN MY SCHOOL, YOU GET BEAT UP FOR BEING GIRLY.
SO I'D CONSIDER YOUR SAFETY.
HEART OF THE CITY © 2021 AUDREWS MCMEEL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

YOU ORDERED A WILD BRUSH AND UNDERGROWTH REMOVER!?
YEP!
BUT OUR YARD DOESN'T HAVE ANY WILD BRUSH OR UNDERGROWTH!
BUT IF THAT SHOULD HAPPEN, WE'RE SET!
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BATIUK & DAVIS tombatiuk.com/books
4-1

Mutts

IT'S APRIL FOOLS' DAY.
IS THAT A NATIONAL HOLIDAY, MOOCH?
IT SURE LOOKS THAT WAY.
4-1 MUTTS © PATRICK MCDONNELL/DISTRIBUTED BY KING FEATURES SYNDICATE
mutts.com
www.kingfeatures.com

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel surrounded by positive energy, guiding you in the right direction. A peaceful state of mind will reflect in your performance across all areas. Destiny seems to favour you. You might plan a visit to a spiritual place far from home, and your inner voice may inspire you to contribute to charity. Good news related to a grandchild'.

Taurus Apr 21 – May 20
Today, you might experience a dip in energy and possibly face a recurrence of health issues. Your enthusiasm on both personal and professional fronts may feel low. Ongoing projects might face unexpected delays, causing frustration. Support and blessings from elders can help you navigate through these challenges.

Gemini May 21 – Jun 21
A sense of positivity surrounds you today. Things are stabilising, and you're likely to plan a new business venture, possibly in partnership. Long-distance travel may also be on your mind. Strengthening trust and emotional bonding with your spouse will bring peace and harmony to your domestic life.

Cancer Jun 22 – July 23
Today appears favourable, especially for investors—returns from previous investments may boost your financial stability. Stuck money may be recovered, improving business liquidity. You'll feel confident and in control, especially over hidden rivals. Singles might meet a potential match in their professional circle.

Leo Jul 24 – Aug 23
You may feel a sense of dissatisfaction today and struggle with taking responsibility. Investments could lead to minor losses, so review any documents thoroughly before signing. Parental health may be a concern. If you're planning renovations or office upgrades, it's better to postpone them for now.

Virgo Aug 24 – Sep 23
You may consider relocating or changing jobs today. However, think twice before making any major moves. Though peace of mind is present, concerns regarding your children's health might cause stress. Avoid speculative investments. Lovebirds should remain patient and avoid rushing into marriage-related decisions.

Libra Sep 24 – Oct 22
Your patience and mental clarity will serve you well today. Meditation or mindfulness may enhance your focus, helping you complete tasks ahead of schedule. Colleagues will be cooperative, and short work-related travel is likely. You might also meet an influential person who can help expand your professional network.

Scorpio Oct 23 – Nov 22
A busy day filled with family gatherings and social events is ahead. Your kind and polite demeanor will boost your reputation. Spending on home decor or artistic items may improve your status. You're also likely to receive good news from a relative, adding joy to the day.

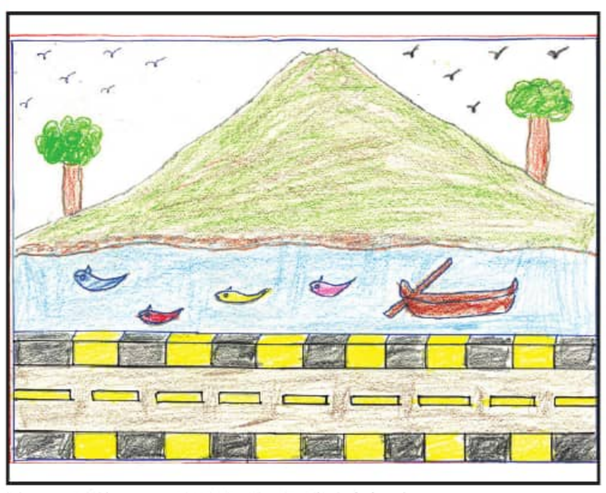
Sagittarius Nov 23 – Dec 22
You'll feel positive and energised, thanks to the Moon's blessings. Your physical and mental wellness will reflect in your work and improve your social image. Concentration will be high, helping you make bold business decisions aimed at long-term growth and success.

Capricorn Dec 23 – Jan 20
Your energy levels may be low, and an old health issue could resurface. Avoid risky travel or adventurous activities. Legal disputes are best resolved out of court. A short work-related trip might come up, but it's wise to approach it cautiously.

Aquarius Jan 21 – Feb 19
The day begins on a cheerful note. Your ability to make quick decisions at work may enhance your leadership and management skills. A new source of income may emerge, improving your financial position. With support from your business partner, you may decide to reinvest in your venture.

Pisces Feb 20 – Mar 20
Work may keep you occupied today, leaving little time for family. Mental fatigue might set in, but the blessings of elders could bring success. Job seekers might land a high-level position, while managers could receive promotions or recognition. Professional progress is likely to elevate your status.

KIDZONE



Dhruva R, 10 years, Little Angles English School

Chukitha S, 6 years, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (8 ÷ (−2))+27^(1/3)-[−4+2]^4
= −4+3−(−2)^4 = −4+3−16 = −17

BULL'S EYE ETHANOL, hale, halo, hate, hate, heal, heat, hole, hone, hotel, lath, lathe, loath, oath, than, then

RIDDLER
1. Mumbai, 2. Kolkata, 3. Bangalore

FAST FIVE

C	R	A	C	K
L	E	M	A	N
U	S	A	G	E
E	A	S	E	L
S	W	I	R	L

QUOTE UNCODE
He is indebted to his memory for his jests and to his imagination for his facts.

STRIKE OUT

I	N	V	A	D	E	R		A	M	A	T	I		
T	E	E		E		O		R						
E	L	L	I	S		S	E	A	B	I	R	D		
S	A	Y	I	N	G		D	E	A	C	O	N		
R		R		I		S	N	T		A				
I	A	T	A		R	E	L	A	Y	E	D			

QUICK

T	E	T	R	O	L		S	E	X	T	E	T		
	V		E		O		N			N				
C	O	N	V	E	R	G	E		L	I	M	E		
	R		E		R		V		A			M		
A	D	D		A	E	R	O	S	O	L		A		
I		E		Z		N		P				T		
G	A	R	L	I	C		T	R	U	M	P	S		
L		E		B		A		O				E		
A		T	R	I	N	I	T	Y		C	S	T		
T		T		E		A		K						
S	L	A	Y		S	O	R	B	O	N	N	E		
O		L		I		U		O		A				
N	O	F	E	A	R		S	U	L	T	R	Y		

MENSA PUZZLE
1. In each triangle, start with the bottom left letter, and move clockwise around the other points. Letters advance through the alphabet in steps given by the numerical value of the letter at the centre of the triangle.

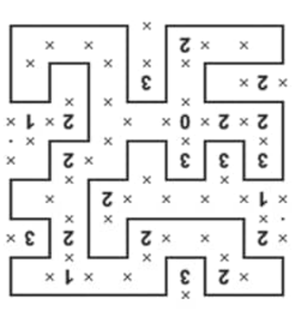
SUDOKU

2	1	7	4	6	5	9	8	3
6	8	4	9	3	1	5	2	7
5	3	9	7	8	2	1	4	6
4	6	5	8	7	9	2	3	1
3	7	2	5	1	6	8	9	4
8	9	1	3	2	4	7	6	5
1	4	3	2	9	7	6	5	8
7	2	8	6	5	3	4	1	9
9	5	6	1	4	8	3	7	2

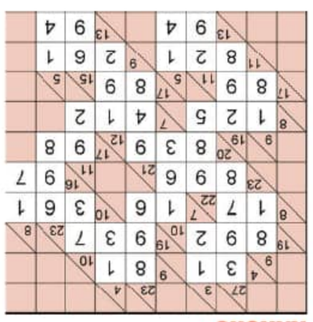
ALPHA TRIANGLE
0, Ro, Nor, Roan, Acorn, Crayon, Acronym.

GO FIGURE
Easy
8 + 7 − 3 − 1 = 11
Medium
8 − 8 − 4 + 5 = 1
Hard
7 − 8 + 6 + 9 = 14

LOOP



KAKURO



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